

Teen Take Heart is a science-based cardiovascular program for high-school students. The program aims to promote wellness and prevent cardiovascular disease through a series of in-class instructional tablet-and kit-based lessons. *Teen Take Heart* incorporates the sciences of anatomy, physiology, and disease pathology, into engaging learning sessions to promote heart-healthy lifestyle choices, based on current best practice standards.

- ✓ No costs to qualifying schools
- ✓ Tablet- and kit-based curriculum
- ✓ Free TTH website access
- ✓ Free teacher training workshops (CE provided at no cost)
- ✓ Nursing students assist in lesson facilitation
- ✓ Program aligns with NGSS, Common Core, and Health Standards for Washington State
- ✓ Opportunity to participate in health science research

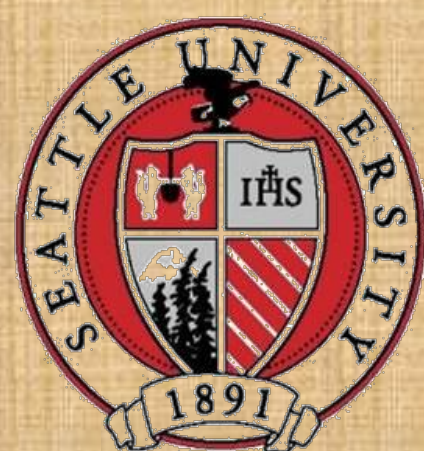


“The Teen Take Heart Curriculum is a fantastic opportunity for classroom teachers to meet state and national science and health academic expectations and integrate fun, hands on lessons for their classrooms.” – Colleen Dunegan, Ft. Vancouver High School

“Teen Take Heart Modules allow our students to learn relevant, timely and personal information about their cardiac health while infusing NGSS concepts and practices. The lessons are rigorous and are aligned with NGSS and CCSS. Not only do our students learn about cardiac health, they also gain valuable career ideas.” – Ellen Ebert, Science Director, OSPI, Washington State

Please visit our website at:
www.teentakeheart.org

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COLLEGE OF
NURSING



Health Prevention Science
for High School Students





"Take Care of Your Heart from the Start"

Module 1

The Heart: What Makes You Tick?

Lesson 1: DVD - The Mysterious Human Heart – Episode 1 *"Endlessly Beating"*

Lesson 2: Anatomy of the Heart – *Sheep Heart Dissection*

Lesson 3: The Heart as a Pump – *Siphon Pump Activity* & What's Flow Have to Do with It?

Lesson 4: Heart Sounds – *Stethoscope Activity*

Lesson 5: DVD - The Mysterious Human Heart – Episode 2 *"The Spark of Life"*

Module 2

The Hard Truth

Lesson 1: DVD - The Mysterious Human Heart – Episode 3 *"The Silent Killer"*

Lesson 2: What are my Risks - *Calculating Risk Factors*

Lesson 3: Drugs & Diabetes, Effects on the Heart – Group Activity

Lesson 4: What's Fleas got to do with it? – *Water Flea Activity*

Lesson 5: DVD *Stress: Portrait of a Killer*

Module 3

Moving Towards Health

Lesson 1: Nutritional Assessment – *What am I Eating?*

Lesson 2: MyPlate™ *Creating a Balanced Meal on a Budget*

Lesson 3: *Where do I fit in?*

Lesson 4: Creating a workout activity – Group Activity

Lesson 5: *Putting it all together & Double Dutch!* Group Activity

Module 4

Can Humans Grow a New Heart?

Lesson 1: What is an Experiment?

Lesson 2: Conducting an Experiment – *Yeast Cell Experiment*

Lesson 3: What's my Data Saying? – *Data Analysis*